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SO A FREELOADIN' NEWFIE GOES INTO A BAR ...

... AND THE NEWFIE SAYS, 'I THOUGHT WE WERE PAST SUCH ERRONEOUS STEREOTYPES' PAGES 10 & 11

Fancy a bottle of port? Well, guess where it's stuck

Sobering strike. Local businesses suffering as trucker dispute cuts off flow of precious booze

LUKE BROCKI
vancouver@metronews.ca

Get ready for a dry spring — and we're not talking about the weather.

Local wine merchants and distillers say that unless they get their hands on the containers piling up at Port Metro Vancouver, local drinkers will soon have to find alternative social lubricants.

"The fact is we're running out of stock," said Robert Simpson, general manager at Liberty Wine Merchants, the largest chain of private wine stores in Western Canada.

The container truckers' dispute is now entering its third week. Simpson remembers a similar scenario nine years ago, the last time truckers held a strike, in a dispute that took 47 days to resolve.

"If you had a dark container on top of the pile, then a lot of your wine and beer got cooked," said Simpson, who sympathizes with the truckers.

Long waits at the terminals are one of the key sticking points in this labour dispute, along with wages, which unionized and non-union drivers say are so low they barely cover the cost of running the trucks.

The federal transport minister recently brought in respected labour negotiator Vince Ready, but his mandate to review industry conditions by the end of May did little to ease tensions.

Port officials said trucking operations had slowed to a trickle this week, with 90 per cent of containers due to leave by truck simply piling up at terminals at a cost the port is passing on to their eventual recipients in the form of storage fees.

"Up to now we're paying $240 a day, and tomorrow it goes to $350 a day," said Gordon Glanz, founder of Odd Society Spirits, a small distillery in East Vancouver whose new brewhouse hardware finally arrived from China but is inaccessible.

"It feels like we're held hostage," he said. "And if you don't pay your fees, you don't get your equipment in the end, so really we have no choice."

'Held hostage'

$350

The daily amount Odd Society Spirits says they're paying in port storage fees.

Josh Decolongon, sales associate at Liberty Wine Merchants on Commercial Drive in East Vancouver, holds a bottle of Cave de Lugny Crèmant de Bourgogne Brut Rosé, cases of which are stuck at Port Metro Vancouver pending the resolution of the container trucker strike. LUKE BROCKI/FOR METRO

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One dead in gang shooting

Coal Harbour. Police Sgt. says shooting, which injured another, was 'definitely targeted'

KAYLA ISOMURA
vancouver@metronews.ca

A 29-year-old man is dead following a targeted gang-related shooting that took place in Coal Harbour on Monday night.

Tejinder Singh Malli was shot inside a car while parked on West Cordova Street near Thurlow Street at around 10:30 p.m.

The second victim, a 28-year-old man from North Vancouver, was found on the street a short distance away from the car and remains in stable condition.

Both victims were rushed to hospital, where Malli died late Monday night.

Vancouver police Sgt. Randy Fincham said the shooting was "definitely targeted" due to their "extensive backgrounds to gang affiliations" but no suspects have yet been identified.

Malli was well known to police, said Sgt. Lindsey Houghton of the Combined Forces Special Enforcement Unit.

"Tejinder was involved at a high level of ongoing gang conflict," he said. "He was the subject of multiple police investigations and subject of many warnings of the police.

"He was aware of the gang lifestyle putting people he associated with at risk. He was no stranger to gang violence."

Houghton said the number of gang murders that take place in B.C. has decreased over the past few years. Malli's death is the second gang-related murder this year.

In early January, Red Scorpion leader Matt Campbell was stabbed in an Abbotsford auto mall.

Gang murder rates in B.C.

- **2006:** 9
- **2007:** 23
- **2008:** 32
- **2009:** 36
- **2010:** 18
- **2011:** 9
- **2012:** 18
- **2013:** 13
- **2014:** 2

SOURCE: COMBINED FORCES SPECIAL ENFORCEMENT UNIT

Vancouver police remain on scene of a homicide Tuesday that took place the night before at West Cordova Street and Thurlow Street. KAYLA ISOMURA/FOR METRO

Rumpus Room evicted for rentals, not condos

The Rumpus Room
FACEBOOK

Is it more palatable to trade in deep-fried pickles and pink flamingos for rental units instead of condos?

A building comprised of 100 per cent rentals, not condos, is the culprit responsible for the eviction of the Rumpus Room, a popular diner fashioned after a 1970s rec room.

Despite a petition signed by more than 1,000 people to save the restaurant before it vacates the premise at the end of the month, the city will not move to stop development of the property at 2689 Main St.

"Under the existing zoning, the restaurant was certainly an allowed use and so is rental housing," Coun. Heather Deal said Tuesday. "I wish them the best of luck at finding another location."

The property owner filed an application to construct a four-storey rental apartment building with 17 units and three retail units at ground level, according to the city.

The project is under the city's Rental 100 policy, which gives perks to developers of 100 per cent rental buildings. Incentives include waiving development cost levies, reducing parking requirements, higher density and units as tiny as 320 square feet.

Maximum initial rents for such buildings are $1,443 for a studio, $1,517 for a one bedroom and $2,061 for a two bedroom.

It's a sticky situation in a city where people clamour both for more affordable housing — the No. 1 issue for most Vancouverites, according to a recent poll — and for protection of cultural venues.

EMILY JACKSON/METRO

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Green space. Vancouver plans for 'no net loss'

Citizens don't want to trade grass for concrete, yet development pressures have Vancouverites worried about losing their beloved green space.

City council voted Tuesday to create a strategy for "no net loss" of green space in response to desires to maintain or even increase green space in neighbourhoods.

The city already has a target for every resident to be within a five-minute walk of a park, but that might not be enough to protect existing parks, Coun. Andrea Reimer said as she introduced her motion, which passed unanimously.

First, the city has to define green space, parks and public space. While that may seem simple, it proved complex at the Oakridge Centre public hearing, where people questioned if a rooftop park is actually a park. (Apparently airspace counts, according to the city's legal department.)

The city will have to work with the park board and the school board on the motion, as the three parties all control significant amounts of space, though some councillors questioned whether the motion infringed on park-board territory

Coun. Adriane Carr and Coun. George Affleck also wanted to include an "aspirational goal" to grow the amount of green space as more people move into the city, though that was referred to park board staff.

Meanwhile, residents in False Creek condos have replaced their lights with green bulbs to signal that they're sick of waiting for a long-promised park. Concord Pacific will develop a park, eventually, but it's mired in legal issues and the potential teardown of the viaducts. **EMILY JACKSON/METRO**

Prostitution recruitment. Two young men charged

Mounties in Maple Ridge have sworn procurement charges against two young men accused of luring girls into prostitution.

Charged are 22-year-old David Kevin May and 18-year-old Nicholas Boscoe, also known as Nicholas Van Diest.

"The police investigation alleges the two accused lured two teenaged girls into prostitution," RCMP Cpl. Alanna Dunlop said in a statement. "One of the victims was promised money and other incentives in order to co-operate with the suspects."

Police first learned about the alleged arrangement after a car crash in Surrey, the investigation of which led officers to the suspects and one victim.

May was arrested and remains in custody until his next court appearance. The courts have issued a warrant for Boscoe's arrest.

LUKE BROCKI/FOR METRO

Langley

Coach charged with sexual interference

A 32-year-old Langley gymnastics coach has been charged with sexual interference. John William Henry of Abbotsford was arrested March 6 and has been co-operative with investigators. He remains in custody until his next court appearance this Friday.

Henry has been associated with the Langley Gymnastics Foundation, RCMP said in a statement.

Police have brought in victim services to provide support and guidance to those affected.

No further details are expected, as the case is now before the courts.

LUKE BROCKI/FOR METRO

Point Grey Road

Signals changed due to closure

A few tweaks to traffic patterns were necessary after the controversial closure of Point Grey Road to cars to create a greenway west of Macdonald Street, the city's director of transportation told city council Tuesday.

While there are fewer cars using Macdonald than expected (drivers are instead taking Burrard to Broadway), side streets north of 4th Avenue have seen added volume, Jerry Dobrovolny said Tuesday.

It's been difficult to turn east onto 4th Avenue, so the city removed some parking and installed traffic lights at the four intersections immediately west of Macdonald.

EMILY JACKSON/METRO

Opinion tips against Oakridge Centre

Don't want another Metrotown. Speakers said they felt like redevelopment's already a 'done deal'

EMILY JACKSON
emily.jackson@metronews.ca

A rendering of the proposed Oakridge Centre. CONTRIBUTED

City staff insist they've planned for additional capacity for hospitals, schools and transit near the proposed massive redevelopment of the Oakridge Centre.

But no one seemed to believe them at the second part of a public hearing for the project at Cambie and 41st on Tuesday night.

Rather, speakers felt that no matter what they said — and nearly all expressed unhappiness with the 2,914 housing units and revamped mall in 11 towers and three mid-rise buildings — the project was a "done deal."

"This has always been a done deal," said immediate neighbour Danny Kornfeld. He wants the city to return to the 2007 plan, which capped heights at 24 storeys.

But head city planner Brian Jackson said things have changed since that plan, namely, the Canada Line's success in drawing people to the corridor. The Cambie corridor plan, the greenest city plan and the transportation 2040 plan all call for additional density around rapid transit.

"The old adage of location, location, location has changed to transit, transit, transit," Jackson said.

Still, at least three residents said they do not want another Metrotown at the new location.

"This overrides what the residents and what the neighbourhood wants. I don't see anyone saying, 'Can we have a Metrotown at Oakridge?'" said Richard Nantel, one of many who questioned the public process surrounding the proposal.

Others lamented the sense of community that would be lost by living in towers. Nurse Anne Dewar noted the social isolation that can come with towers (the Vancouver Foundation has found this is a problem in the city).

Resident Jillian Skeet implored the city not to build skyscrapers, adding two-bedroom apartments are no place for children to grow up because there's no place for them to play outside.

The cheapest single-family home for sale near the development is listed at $1.6 million.

By Metro's deadline, council had not made a decision on the proposal.

Layoffs ahead for Canucks concession workers

Hundreds of concession staff arrived to sling food and drinks at the Vancouver Canucks home game Monday afternoon to learn their days working at Rogers Arena were numbered.

News of the pending layoffs came as a surprise to Robert Demand, president of Unite Here Local 40, B.C.'s tourism workers' union, who said the contract between Canucks Sports & Entertainment and food service provider Aramark Canada Ltd. wasn't set to expire until 2015.

"We're very concerned because there are more than 600 fantastic food and beverage staff that work at Rogers Arena, most are working women and many have been there since 1995," Demand told Metro by phone. "These are good wages for event work. Everyone who works there counts on these good jobs to be able to live in Metro Vancouver."

Demand said the workers — which include servers, cooks, cashiers, caterers and bartenders — make between $13 and $21 dollars per hour. Under the contract, the employer also pays their Medical Services Plan premiums, which Demand said contributes to the high retention rate of workers at the facility.

Aramark did not return calls by deadline and Canucks Sports & Entertainment declined calls for an interview Tuesday, instead sending a prepared statement from its chief operating officer.

Rogers Arena THE CANADIAN PRESS

"We're excited about some big changes with our food and beverage program that will offer fresh and innovative new options at every event here at our arena," said Victor de Bonis. "We plan to unveil our new program beginning July 1, 2014. Aramark has been our provider since we opened our arena in 1995 and we thank them for their years of service."

According to the statement, the company expects to fill some 1,000 positions under its new food program. Demand said the union had not yet secured a face-to-face meeting with Canucks officials, but had a clear message to the organization around filling job vacancies: "They need to be looking right under their own roof," he said. **LUKE BROCKI/FOR METRO**

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Witness to testify officers met before Dziekanski inquiry, Crown says

Court. Crown counsel Eric Gottardi said prosecutors intend to allege the officers got together to co-ordinate their stories

A previously unknown witness is expected to tell an RCMP officer's perjury trial that the four Mounties involved in Robert Dziekanski's death gathered at her home for a private meeting before testifying at a public inquiry, the Crown told a B.C. Supreme Court judge on Tuesday.

Crown counsel Eric Gottardi said prosecutors intend to allege Const. Kwesi Millington and the other officers got together to co-ordinate their stories as they prepared to appear at the inquiry, where they all testified in early 2009.

Millington was among four officers who confronted Dziekanski at Vancouver's airport on Oct. 14, 2007. He repeatedly stunned Dziekanski with a Taser and the Polish immigrant died on the airport floor.

All four officers were later charged with perjury for their testimony at the inquiry.

Gottardi said Millington's trial will hear from Janice Norgard. Her former common-law husband is the cousin of Const. Bill Bentley, who was acquitted of the same perjury charge last year.

"We expect that she will testify — based on the statement she has provided to police — that shortly before each of the four officers prepared to appear at the inquiry, her common-law husband asked her if Const. Bentley and his colleagues could use her home for a private meeting," Gottardi told the court.

"The four officers came to Norgard's home and met there alone for approximately 1.5 to 2 hours."

The Crown's theory is that the officers concocted a story to justify their actions, and then told their fabricated version of events to homicide investigators and then to the inquiry.

"Despite being asked a number of questions, none of the four officers disclosed this meeting during the inquiry or at any other time," Gottardi said.

Millington is accused of lying on 10 separate instances during the inquiry as he recalled what happened when he stunned Dziekanski. He is also accused of lying when he testified he never discussed the incident with his fellow officers, either before speaking to homicide investigators or before testifying at the inquiry. THE CANADIAN PRESS

Highwire act takes shape

A 745-foot aerial sculpture, designed by Janet Echelman, hangs above Canada Place Plaza mid-installation for TED's 30th anniversary celebration conference. The sculpture, made of fishing net, is an extension of a TED talk Echelman presented in 2011 — Taking Imagination Seriously. This year's conference begins on March 17 and takes place at the Vancouver Convention Centre. The sculpture will be displayed in the city from March 15 to 23.

KAYLA ISOMURA/FOR METRO

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‘Miracle baby’ is doing well — and has a name

Mireya. Halifax mother whose newborn was declared dead settled on a Spanish name that means ‘miracle’

RUTH DAVENPORT
Metro in Halifax

The mother of the “miracle baby” born at the IWK Health Centre in Halifax this week says the baby appears to be making a steady recovery — and yes, she has a name.

Robin Cyr’s child wasn’t breathing when she was delivered around 3 a.m. March 8 after a complicated birth.

The baby was declared dead after about 25 minutes, Cyr said — but suddenly started breathing on her own after staff stopped trying to revive her.

The newborn baby girl on Sunday in the neonatal intensive-care unit at the IWK Health Centre in Halifax. JEFF HARPER/METRO IN HALIFAX

On Tuesday, Cyr said she had settled on a name for the big newborn: Mireya, a Spanish name that means “miracle.”

“I’ve seen her open her eyes for the first time,” said Cyr, 34, during a phone conversation Tuesday afternoon, adding that doctors were pleased with the baby’s progress. “In maybe another four or five hours, I’ll get to hold her for the first time.”

Quoted

“It’s just kind of emotional ... just because of everything (Cyr’s) been going through. It’s just a hard thing to grasp.”

Anita Richards, “miracle baby” Mireya’s aunt

Since Monday, when Metro first published Cyr’s story, it has been picked up by international media, including the British publication the Daily Mail and the New York Daily News.

But Cyr said she still hasn’t processed the reality of almost having lost her fourth child.

“It didn’t hit me yet,” she said, adding she’s been “very busy” with visits from friends and concerned relatives — all of which she’s trying to juggle around caring for her newborn.

PQ. Independent Quebec would welcome Canadian tourists, says Marois

An independent Quebec would have no borders and would open its arms to tourists from Canada, Parti Québécois Leader Pauline Marois said Tuesday.

Marois was asked on the campaign trail whether an independent Quebec would be more attractive as a tourism destination.

“It won’t change our landscapes, that’s for sure,” she said. “We’ll still be able to go see the Rockies out west and go to Prince Edward Island and they’ll be able to come here. There won’t be any borders or tolls.”

Marois then said an independent Quebec would have more latitude and freedom but she did not immediately elaborate on the border issue.

Later in the day, Marois sought to clarify the border comments when she agreed with a reporter’s assertion that an independent Quebec would be like the European Union, where there is free movement of citizens.

“That’s what it means, but that’s not to say there wouldn’t be a (Quebec) citizenship and … a passport,” Marois said.

Parti Québécois Leader Pauline Marois walks to her campaign bus Tuesday after a press conference in Bécancour, Que. JACQUES BOISSINOT/THE CANADIAN PRESS

For his part, Liberal Leader Philippe Couillard said the PQ’s constant musings on Quebec’s future only serve to hurt the province.

“Every time they hint at a referendum, Quebec is weakened,” he said at a campaign stop in Trois-Rivières.

THE CANADIAN PRESS

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These images released by police during a news conference in Sepang, Malaysia, on Tuesday, show, at left, an Iranian identified as Pouria Nour Mohammad Mehrdad, who Malaysian authorities say is 19, although Interpol's information indicated an age of 18, and 29-year-old Iranian Delavar Seyedmohammaderza. The men boarded the now-missing Malaysia Airlines jet MH370 with stolen passports. MALAYSIAN POLICE/THE ASSOCIATED PRESS

Missing jet last spotted off course: Malaysian military

Flight MH370. Hijacking, sabotage and the pilots' psychological health are being considered

The missing Boeing 777 jetliner changed course over the sea, crossed Malaysia and reached the Strait of Malacca — hundreds of miles from its last position recorded by civilian authorities, Malaysian military officials said Tuesday, citing military radar data.

The development added confusion and mystery into what is emerging as one of most puzzling aviation incidents of recent time, and it has raised questions about why the Malaysia Airlines flight apparently was not transmitting signals detectable by civilian radar or sending distress calls after it turned back.

Many experts have been working on the assumption there was a catastrophic event on the flight — such as an explosion, engine failure, terrorist attack, extreme turbulence, pilot error or even suicide. The director of the CIA said in Washington that he still would not rule out terrorism.

Flight MH370, carrying 239 people, took off from Kuala Lumpur at 12:41 a.m. Saturday, bound for Beijing. Authorities initially said its last contact with ground controllers was less than an hour into the flight at a height of 35,000 feet, when the plane was somewhere between the east coast of Malaysia and Vietnam. THE ASSOCIATED PRESS

Proficiency exams

A new kind of surrogate

Police in London, Ont., have charged three people who allegedly used fake passports to write English proficiency exams for foreign students who paid them $7,000 for the service. The exams are among the qualifications required for acceptance into colleges and universities in Canada. Police say some foreign students unable to pass the exam hired a surrogate to write the test on their behalf. THE CANADIAN PRESS

In broad daylight. Swedish journalist murdered in Kabul by unknown gunman

A journalist for Swedish radio was shot and killed by an unidentified gunman on Tuesday as he stood by a busy road in Kabul.

A spokesman for Kabul's criminal investigation section told The Canadian Press that Nils Horner, 51, was shot in the back of the head while talking to a translator on a street that runs along the Afghan capital's embassy district. The scene lies just up the way from the site of a deadly restaurant attack in January.

Horner, who was also a British citizen, was rushed from the scene, but succumbed before reaching the hospital, said Sayed Gul Agha Hashimi.

The journalist's driver and translator are being questioned as part of the investigation.

A witness, who didn't want to give his name, said two young men approached Horner just after he'd gotten out of a car and while he was in conversation with the translator.

He said the men's appearance didn't raise any alarm and it seemed they all knew each other. Then one of the men pulled out a gun with a silencer and shot Horner.

British news media reports say Horner had been on his way to meet a survivor of the January restaurant attack, in which Taliban militants killed 13 foreigners and eight Afghans. THE CANADIAN PRESS

The murder

The area where Horner was killed teems with private security and Afghan police. There are multiple road barriers, blast walls and sand-bagged machine gun posts.

- Late Tuesday, an official with the Swedish embassy was at the guest house where Horner lived and where his room has been sealed off.
- Police are expected to search it on Wednesday.

Ominous signs of the vote to come in Crimea

A man walks past a poster in Sevastopol, Crimea, Ukraine, reading "On March 16 We Vote," suggesting that a Nazi-style regime is the alternative to becoming part of Russia. Crimea's Parliament said Tuesday that if the public votes to join Russia, the peninsula will first declare itself independent before proposing to become a Russian state. That could offer a way of de-escalating the standoff between Russia and the West.

ANDREW LUBIMOV/THE ASSOCIATED PRESS

Technical malfunction

Israeli drone crashes inside Gaza Strip

An Israeli airstrike killed three Gaza militants on Tuesday near an area where an unmanned Israeli surveillance aircraft crashed earlier in the day, an official in the Palestinian territory said. The Israeli military said it was responding to mortar fire. THE ASSOCIATED PRESS

White House website

Man pleads guilty in Obama threat posting

A U.S. man has pleaded guilty to posting a threat to kill President Barack Obama on the White House website. Nicholas Savino pleaded guilty Monday to posting the threat last August that said, "President Obama the Anti-Christ. As a result of breaking the constitution you will stand down or be shot dead." The 42-year-old will be sentenced June 11. He faces up to five years in prison and a $250,000 fine. THE ASSOCIATED PRESS

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Critch's corner

Newfoundland native Mark Critch believes negative perceptions of East Coasters are becoming a thing of the past. JEFF HARPER/METRO IN HALIFAX

It's outdated: 22 Minutes' Mark Critch on the East Coast typecast

Atlantic Canada is known for its funny folk.

From Rick Mercer to Cathy Jones, East Coast comics seem second-to-none in bringing Canadians to gales and guffaws.

But when it comes to the Atlantic Canadian stereotype, 22 Minutes veteran funnyman and St. John's, N.L., native Mark Critch gets serious.

Metro News caught up with the comedian in Halifax to hear his thoughts on pigeonholing Atlantic Canadians and whether the East Coast label is changing.

Describe a stereotypical Atlantic Canadian.
I guess a bit of a drinker. Working the system to get a cheque. Happy-go-lucky.

Are they/we crazy? Or is there some merit to these stereotypes?
I don't think so. Anyone who has met a farmer, fisherman or plant worker would know they are hard workers. Seasonal work doesn't mean lazy. Most people who depend on EI to supplement income work a lot harder and longer than the politicians who send out the EI PIs (Employment Insurance Private Investigators).

You're looking at a stereotypical Atlantic Canadian — what do you see?
The "Newfie joke" used to be the guy in the sou'wester, pipe in hand, nodding and winking. I think these days more people think of Rick Mercer or Rex Murphy or Danny Williams when they think of Newfoundland. It's outdated.

How do you think people elsewhere in the country think of you?
Everywhere I go I hear people talking about the job opportunities in oil and gas, the scenery, the music scene, etc. I think a lot of Canadians want to come here and are envious of a place that has such a healthy cultural identity.

It seems like most of the negative East Coast stereotypes come from East Coasters themselves — are we a self-deprecating bunch? Is it all in our heads?
I disagree. When East Coasters went to the big city to find work in the '50s, '60s and '70s, they were mocked and made fun of because they spoke differently. They weren't as "hip." One of the reasons we have so many comedians is that we quickly learned a sharp wit was handy in these situations. The new generation is proud of who they are and where they are from. And so they should be. I don't hear those jokes anymore when I travel. Used to be the first thing someone in Toronto would do was tell you a Newfie joke. Now they say, "I love Hey Rosetta."

GEORDON OMAND/FOR METRO IN HALIFAX

WHO IS AN EAST

Know the East Coast, from least to most. Drinking, smoking, living on lobster and welfare — is this how the rest of Canada sees the East?

RUTH DAVENPORT
Metro in Halifax

In a country the size of Canada, stereotypes are hard to avoid. They're a shortcut to identity, an easy way of distinguishing people in one place from another. British Columbians are left-wing pot-smoking radicals, Albertans are ultra-conservative cowboys and Ontarians believe they're the centre of the universe.

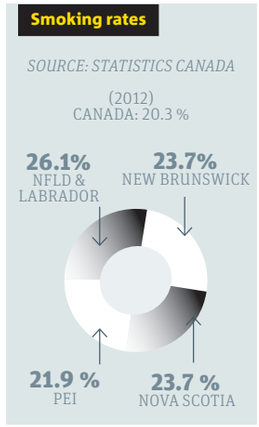
Then there's Atlantic Canada, to most Canadians the home of friendly, roughspun fisherfolk scratching out a living in quaint villages scattered across the lovely expanse of land between Montreal and the ocean.

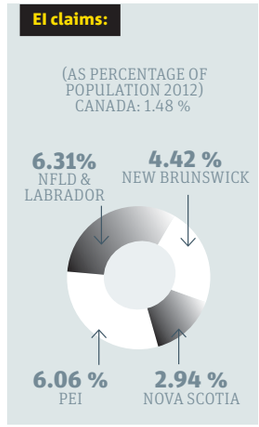
"I find that they're often envious about when I talk about my visits home, going to the ocean, just the natural beauty and landscape of the Maritimes," said Windsor Junction, N.S., resident Sarah Harper, now living in London, Ont. "They have that postcard image of Peggy's Cove, and that's what the Maritimes is."

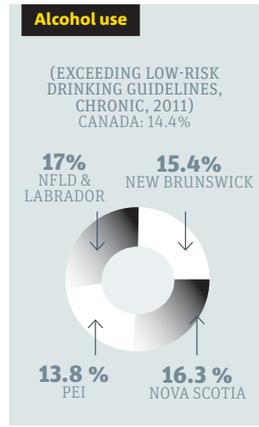
It sounds benign — better than being a cowboy, anyway — but experts say there's some unflattering baggage lurking behind that romanticized caricature.

"Packaged in with the stereotype of the fisher is precarious employment, ruralness, hard living, underdevelopment," said Howard Ramos, a professor of sociology and Canadian studies at Halifax's Dalhousie University.

"Those are some of the same things that contribute to stereotypes around drinking, smoking, etc. And they also contribute to some of the reality."







Fact, fiction and the grey areas

Stereotypes are a blend of fact and distortions of fact: To wit, the fishing industry is Atlantic Canada's largest single private employer, but actual fishermen represent only a small percentage of the total population.

Most Atlantic Canadian stereotypes are rooted, in some form, in the region's post-Confederation history as "have not." Social indicators of poverty, such as smoking, alcohol abuse and obesity rates, are highest in the Atlantic provinces, reinforcing perceptions of the region as economically depressed — and insignificant.

"Even when the (groundfish) fishery closed, the rest of Canada didn't seem to have a visceral reaction," said Ramos, referring to the 1990s collapse of cod and groundfish stocks, which sustained the livelihoods of thousands of fishers and processing plant workers. "It was overshadowed by the Quebec referendum, the low Canadian dollar.… When you think that four provinces of the country were affected, that's a surprising lack of concern."

Perhaps the best-known example of an Atlantic Canada brush-off is Prime Minister Stephen Harper's observation in 2006 that the region suffered from a "culture of defeat."

"It's … taking a very complex set of circumstances, psychologically, culturally, attitudinally, and then making a relatively far-reaching stereotypic comment," said

Whose identity is it?

"There's a fair bit of this being the ball in our court.... Are we going to have our narrative authentically shaped by ourselves or are we going to have it foisted on us by someone else?"

Ray Ivany
Chair, Nova Scotia Commission, Building Our New Economy

Will the image of plaid-clad fisherfolk follow East Coasters for generations to come?
JEFF HARPER/METRO IN HALIFAX

COASTER?

Fascinating ignorance?

"I think there's a fascination with East Coast culture, the romanticization ... yet a failure to actually get even one step below that facade to get to know the names of our provinces, for example."

Megan Leslie
Halifax MP

Ray Ivany, president of Acadia University and chair of a panel that released a recent sweeping report on Nova Scotia's economic prospects.

Ivany spent 14 months in research and public consultation for the panel's report, and said Nova Scotians definitely suffer from some cultural "fault lines" — but shouldn't let those become the grounds for being overlooked.

"You'd never let somebody else, who barely knows you, declaratively make a statement that defined you," he said. "So why should we allow it as a province or a region?"

The interplay of politics and identity

Stereotypes make great punchlines, but they have real-world implications that are no laughing matter. Halifax MP Megan Leslie says she and her Atlantic counterparts tend to tread carefully around certain issues because of the possibility of reinforcing negative stereotypes.

"Sometimes we're shy about, well, do we really want to go out on this EI thing again," she said. "Because while it is an important issue for us in Atlantic Canada, maybe we are painting ourselves as the poor Atlantic cousins."

Ramos says basic fairness is another reason to confront stereotypes, noting Canada can't dismiss the Atlantic region as the poor cousin while benefiting from its workers and exports.

"If central Canada wants to eat the lobsters, and have the Christmas trees and have the offshore oil and the mineral resources in Labrador, it means this region has to have an infrastructure investment in it from central Canada as well," he said.

Changing the Atlantic Canada stereotype could also have a potential impact on the region's economic future. Ivany's report highlighted a need in Nova Scotia to change negative attitudes towards entrepreneurial success and outsiders to encourage and promote growth.

Although the deeply entrenched suspicion towards "come from aways" may be understandable, given a long history of being governed and managed by absentee and often exploitative entities, Ivany said it's time to start being more welcoming — not just "friendly" — to immigrants who come to Atlantic Canada in search of a home.

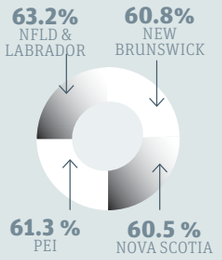
"The challenge now is to recognize that we've got to be much more welcoming, much more supportive of people from around the world who want to come here and frankly we need to be part of our province," he said.

Ultimately, Harper — the Windsor Junction resident living in Ontario — says Atlantic Canadians need to stop beating up on themselves.

"I don't want to say … there's a bit of an inferiority complex, but I really think there is," she said. "Have a little bit of pride that I think most of the rest of the country is pretty envious."

Body mass index

BODY MASS INDEX, OVERWEIGHT OR OBESE, SELF-REPORTED
CANADA: 52.5 %



Your turn

How would you describe an East Coaster?

We asked via social media. Here's what you said:

1) Honest & reliable appearance, laugh lines around eyes & mouth, normal teeth (not artificially white), wearing jeans and plaid.

A lot of happy old guys

2) Courteous, social and can't drive.

Proud Maritimer... salt of the earth. Our look is diverse.

3) Probably clinically depressed & unemployed

Definitely laid back... less stress here.

4) White, middle-aged, redneck, blue-collared, slightly overweight, uninformed, boring, no appreciation of the arts, alcoholic... ...full of complaints but no solutions, & completely out of touch with younger generations.

Easy going people, a little behind the times in fashion and trends

5) Friendliest people on the planet.

6) No young ones. They're all out west.

To watch a video of what people at the Halifax Stanfield International Airport had to say about this topic, visit metronews.ca/halifax

PHOTOS: 1: WANDERING MAGPIE /FLICKR, 2: LITHIA LIFE/FLICKR, 3: NITIBOB/FLICKR, 4: LIZ BEDDALL, 5: LIZ BEDDALL, 6: ASHRAFUL KADIR/FLICKR

Wear it with pride

The sou'wester hat trick

There are few Canadian symbols more iconically East Coast than the sou'wester.

The collapsible rain hat — traditionally an oilskin — extends longer in the back to protect the neck from rain and often features a flipped-up front brim gutter for added rain protection.

But few might be aware of the process and protocol involved in donning the yellow bonnet.

Follow these four sacrosanct steps — endorsed by the apocryphal Angus Sou'Wester — and you too can wear the oilskin with East Coast pride:

- Place sou'wester on head, ensuring that the short brim faces the bow with the long brim pointing towards your stern.
- Take pure salt water from the Atlantic Ocean and anoint sou'wester with care.
- Pour one full ounce of black rum or a reasonable facsimile.
- Place left hand over heart and, facing the Atlantic Ocean, down rum in one gulp.

Trapped by cat, family calls 911

The Oregon owners of a 22-pound house cat that trapped them in their bedroom after attacking their baby say they're not giving up on their pet and are getting it medical attention and therapy.

Two days after police arrived to subdue the four-year-old part-Himalayan cat, owner Lee Palmer of Portland said he's taking the feline to a veterinarian. A pet psychologist also is due at the house to see the cat, named Lux.

"We're not getting rid of him right now," Palmer said. "He's been part of our family for a long time."

Palmer says the animal attacked his seven-month-old child after the baby pulled its tail. The child suffered a few scratches on the forehead.

On the 911 call, Palmer tells the dispatcher he kicked the cat "in the rear" to protect his child. Palmer says the animal then "just went off over the edge," leading Palmer and his girlfriend to barricade themselves, their baby and the family dog in the bedroom for safety.

The cat can be heard screeching in the background of the call as Palmer says in a panicked voice: "He's charging us. He's at our bedroom door." Palmer also tells the dispatcher the cat has been violent in the past.

Officers used a dog snare to capture the animal, and placed it in a crate.

The cat attack story gained attention after police put out a news release about it Monday. Palmer says people reached out wanting to adopt Lux, but the family is not taking them up on it. THE ASSOCIATED PRESS

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UFO reports down, still three a day

Ontario leads. Almost 1,200 alleged sightings across Canada in 2013

UFO sightings in 2013 may not have reached the hype they did in 2012, but there were still almost 1,200 sightings in Canada last year, according to a list compiled by the Winnipeg-based group Ufology Research.

In total, there were 1,180 UFO sightings in Canada, says the summary of results, the second-highest yearly number of UFO sightings in Canada in the last 25 years.

The highest was in 2012, with about 2,000 cases reported. "This was likely an anomaly due to many people who were excited about the so-called 'end of the world' in 2012 according to the Mayan Calendar, and reporting many lights and objects as UFOs," said the authors in a statement.

"The continued reporting of UFOs by the public and the overall trend of increasing yearly numbers of UFO reports suggests a need for further examination of the phenomenon by social, medical and/or physical scientists." METRO IN WINNIPEG

Extraterrestrial?

The average UFO sighting in 2013 lasted about 13 minutes.

- Ontario had more than 40 per cent of all Canadian UFO reports.
- About 14 per cent of all UFO reports were classified as unexplained.

I just want your extra time

NDP Leader Tom Mulcair gets a kiss from sled dog Bilbo at Muk Tuk Kennels in Takhini River, Yukon, Tuesday. Mulcair is in the Yukon until Thursday. VINCE FEDEROFF/WHITEHORSE STAR/THE CANADIAN PRESS

Cyberbullies grow up, now in universities

Study findings. One in five undergraduates has been cyberbullied through Facebook, text messages and email

Research out of Simon Fraser University suggests that the online abuse that has been so prevalent on the teenage battlefield is carrying through to the arena of adults at Canadian universities.

Papers to be presented at a symposium in Vancouver on Wednesday say that undergraduate students are harassing their peers on social media, instructors are on the receiving end of student-led online smear campaigns, and faculty members are belittling their colleagues in emails.

"When you look at cyberbullying among younger kids, or kids in middle and high school, usually by age 15, it dies off," said education Prof. Wanda Cassidy, who worked on the study with two others.

Quoted

"Called me a 'spoiled little rich bitch,' mocked my bulimia ... messaged me multiple times telling me ... I was nothing more than 'a clingy bitch, slut and loser.'" A student interviewed in a focus group

The research team surveyed more than 2,000 people and interviewed 30 participants from four Canadian universities — two in British Columbia, one on the Prairies and one in Atlantic Canada.

Some students said they were the target of crude slurs.

Faculty members — mostly women — also said they've been harassed online by students or colleagues.

Cassidy said the emergence of cyberbullying in an older population comes with grown-up consequences, such as ruined professional relationships or reputations, anxiety, sleep deprivation and thoughts of suicide.

She added that the website Rate My Professors is particularly distressing for instructors. THE CANADIAN PRESS

Turkish teen's death fans anti-government protests

Family members cry as people carry the coffin of Berkin Elvan in Istanbul, Turkey, Tuesday. The Turkish teenager had been in a coma since being hit in the head by a tear-gas canister fired by police during last summer's anti-government protests. His family said Berkin, who turned 15 in January, was on his way to a shop to buy bread when he was caught up in a street protest and struck in the head with a high-velocity gas canister. Turkish police fired tear gas, water cannons and rubber bullets at hundreds of protesters hurling stones and bottles Tuesday in central Ankara, the capital, and Istanbul, the largest city, as unrest swelled within hours of news that Elvan had died in an Istanbul hospital nine months after losing consciousness with a fractured skull. Protests were reported in at least nine other cities.

EMRAH GUREL/THE ASSOCIATED PRESS

Senate spying. Obama backs probe of CIA: White House

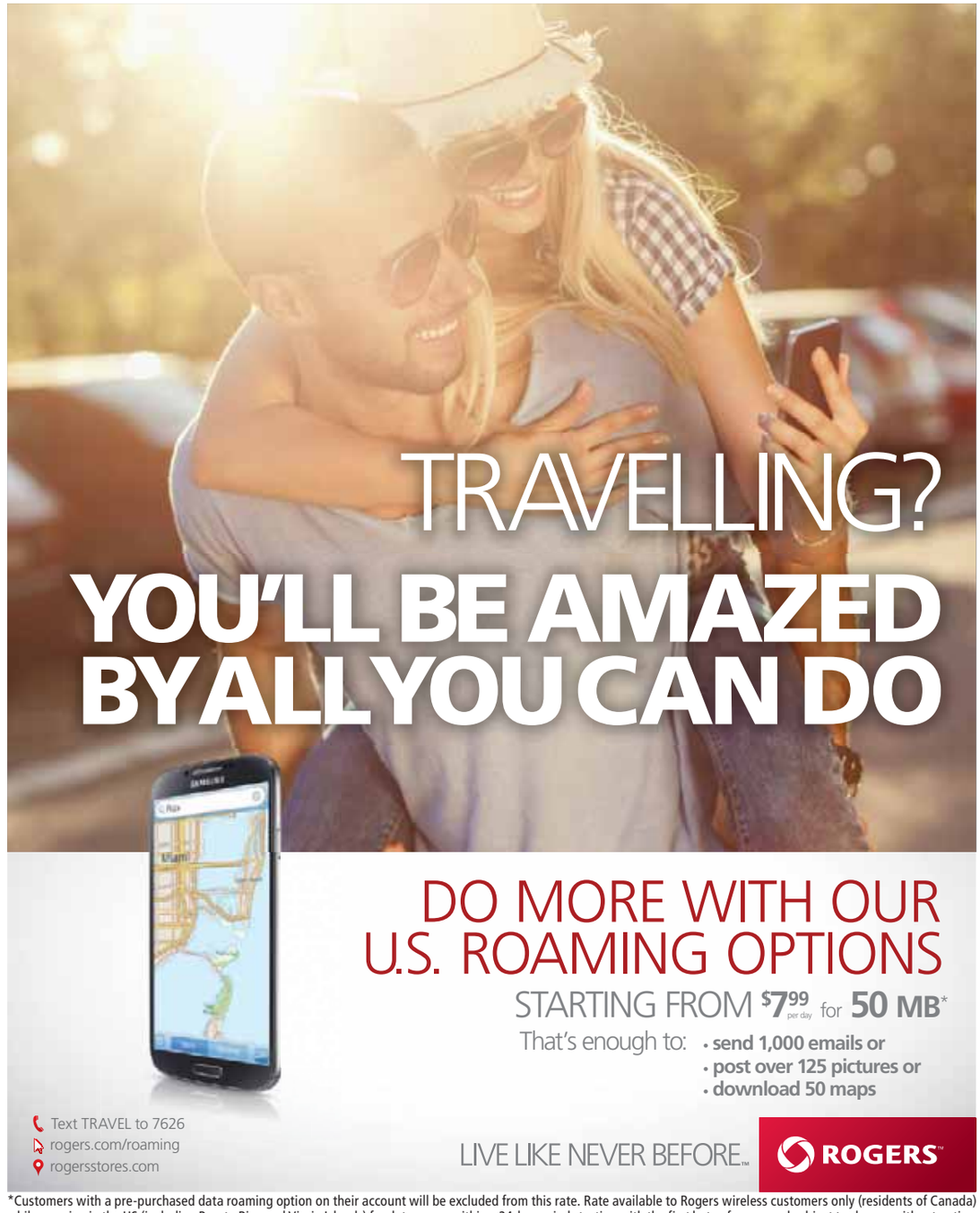
The White House says President Barack Obama agrees with CIA director John Brennan that it's important to get to the bottom of whether the spy agency violated any laws with respect to a Senate panel's investigation.

White House spokesman Jay Carney isn't taking sides between the CIA and Senate Intelligence Committee chairwoman Dianne Feinstein, who alleges the CIA improperly accessed Senate computers.

Carney says he can't comment because there's an ongoing review by an inspector general and that the matter has also been referred to the Justice Department.

Carney also says there have been periodic disputes about the Senate panel's allegations that the CIA used torture during the Bush administration. He says Obama supports that investigation and wants its findings declassified.

THE ASSOCIATED PRESS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Sex assault case on appeal for bias

Defence calls it a 'distraction.' Lead detective's statement recounts fishy after-trial talk with judge

JOE LOFARO
Metro in Ottawa

An Ottawa lawyer says the Crown is "reopening a can of worms" by seeking to appeal a sexual assault case in which the judge discussed evidence he found on a dating website with a detective after delivering his verdict.

Céline Dostaler's client was acquitted on Dec. 18, 2013, after spending 14 months in custody facing charges of sexual assault and forcible confinement against his 43-year-old wife.

But in a January affidavit, Vikki Bair, Crown attorney for the City of Ottawa, said she was "very concerned" by what lead detective Erin Lehman said Superior Court Justice Timothy D. Ray had told her.

On Monday, the appeal court granted the Crown an extension to appeal the acquittals on the grounds of "reasonable apprehension of bias."

But Dostaler told Metro Tuesday the decision is a "distraction from my client's innocence."

Dostaler said she has not seen the Match.com profile in question.

"I think the judge's decision was proper and we had already had enough information to discredit (the complainant) and she was discredited in court," she said.

The accused was found guilty of assault. The matter returns to court March 19.

In detail

According to Det. Lehman's statement, the judge had her come to his chambers after the trial and the following unfolded.

- He said he had created a fake profile on the dating website Match.com the night before the verdict.
- He said he found evidence on the site that would have been able to "hang" the victim with all the available information.
- At the end of the conversation, Ray told Lehman she had been a "bright, happy face" in a sombre crowd.
- He also said they should have lunch or coffee some time.

Tsunami's third anniversary

Japanese Prime Minister Shinzo Abe bows to Emperor Akihito and Empress Michiko at the altar for the victims of the March 11, 2011, earthquake and tsunami that killed 19,000 people at the national memorial service in Tokyo on Tuesday. FRANCK ROBICHON/POOL/THE ASSOCIATED PRESS

Venezuela protests

Mediation a possibility for Biden: Source

U.S. Vice-President Joe Biden has been discussing the "difficult situation" in Venezuela with other Latin American leaders attending Chile's presidential inauguration on Tuesday, and mentioned the possibility of mediation by third parties, according to a senior U.S. administration official. THE ASSOCIATED PRESS

In Brooklyn, N.Y.

Haitians sue UN over cholera outbreak

Nearly 1,500 Haitians filed a lawsuit Tuesday seeking compensation from the United Nations for victims of a cholera outbreak that health officials say has killed more than 8,000 people and sickened more than 600,000 in the impoverished Caribbean nation. THE ASSOCIATED PRESS

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Pacifc Centre
Park Royal Shopping Centre
Richmond Centre
Royal City Centre
Scottsdale Centre
Sevenoaks Shopping Centre
Willowbrook Shopping Centre
Woodgrove Centre

Sorry, no Jetson flying car, will a driverless car do?

While he is clearly not as cool as George Jetson, Google co-founder Sergey Brin seems pleased after riding in a driverless car with California Gov. Jerry Brown, far left, and state Sen. Alex Padilla, second from left, to a bill signing for driverless cars at Google headquarters in Mountain View, Calif., in 2012. ERIC RISBERG/THE ASSOCIATED PRESS FILE

Stranger than fiction. While a flying car remains a cartoon fantasy, self-driving cars are set to hit the roads by 2024

Sooner or later, consumers will be able to buy cars that rely on computers — not the owner — to do the driving.

With that in mind, the California Department of Motor Vehicles held an initial public hearing Tuesday as it puzzles through how to regulate the public's use of the technology that is still being tested.

Among the complex questions officials wanted to unravel:

How will the state know the cars are safe?

Does a driver even need to be behind the wheel?

Can manufacturers mine data from onboard computers to make product pitches based on where the car goes or set insurance rates on how it is driven?

Once the stuff of science fiction, driverless cars could be commercially available by decade's end. Before then, the DMV wants to decide how to integrate the cars — often called autonomous vehicles — onto public roads.

Three other states have passed driverless car laws, but those rules mostly focus on testing.

Currently, California's DMV is scrambling to regulate the broader use of the cars. With federal government apparently years away from developing regulations, California's rules could effectively become the national standard.

California's DMV must finalize the regulations by the end of the year.

Much of the initial discussion Tuesday focused on privacy concerns.

California's law requires autonomous vehicles to log records of operation so the data could be used to reconstruct an accident.

But the cars "must not become another way to track us in our daily lives," John M. Simpson of the non-profit Consumer Watchdog said at the hearing. Simpson called out Google, saying the Internet giant rebuffed attempts to add privacy guarantees when it pushed the 2012 legislation, which mandated rules on testing and public operation. THE ASSOCIATED PRESS

Setting the standards

California's legislature passed a law in 2012 that mandated rules on testing and public operation, and the DMV expects within weeks to finalize regulations dictating what companies must do to test the technology on public roads.

- Those rules came after Google Inc. already had sent its fleet of Priuses and Lexuses, fitted with an array of sensors including radar and lasers, hundreds of thousands of miles in California.

20-year fight

Raw-milk activist plows ahead

A farmer who has spent two decades fighting for the right to sell unpasteurized milk to willing buyers pledged to take his case to the country's highest court Tuesday. THE CANADIAN PRESS

Market Minute

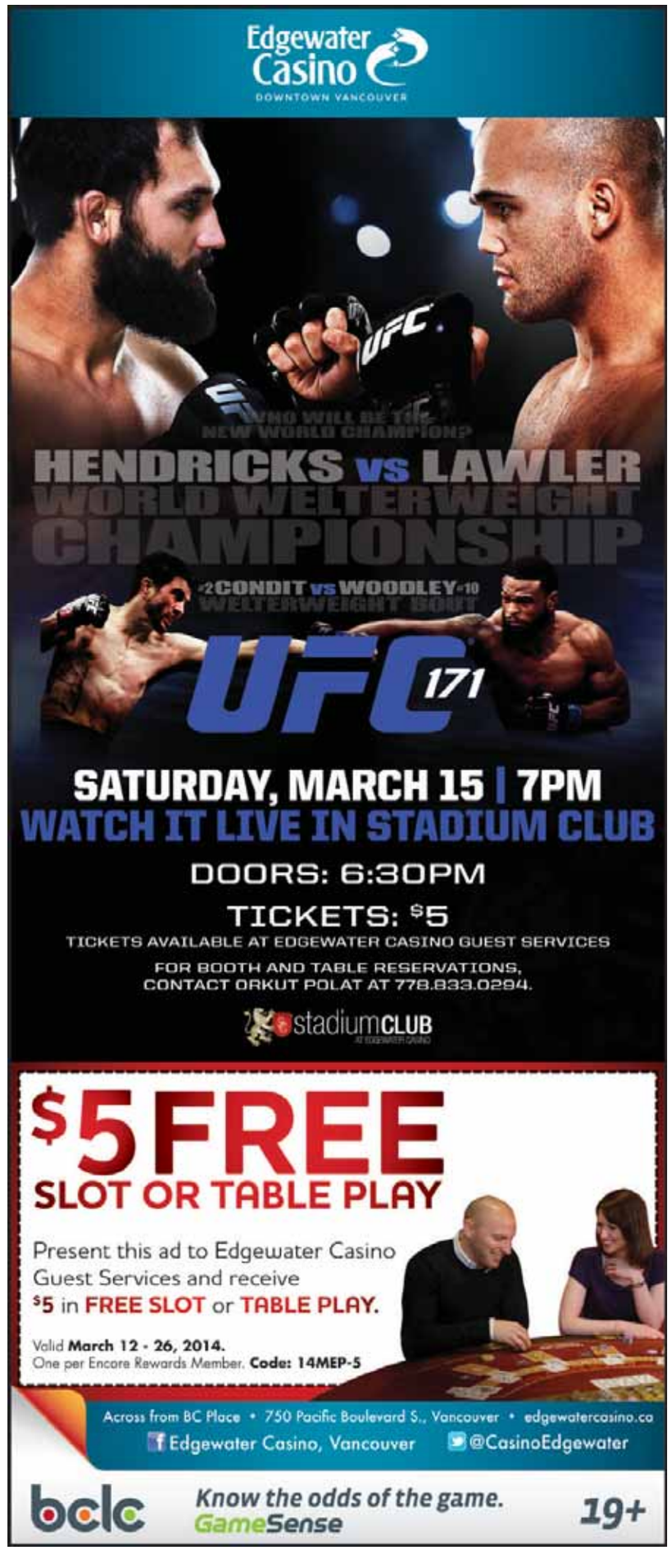
DOLLAR 90.07¢ (-0.01¢)

Natural gas: $4.59 US (-$0.07)
Dow Jones: 16,351.25 (-67.43)

TSX 14,267.23 (-34.83)

OIL $100.03 US (-$1.09)

GOLD $1,346.70 US (+$5.20)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DELTA
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- Sunshine Village

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- Totem Mall

LANGLEY
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- Willowbrook Mall

MAPLE RIDGE
- Haney Place Mall

NEW WESTMINSTER
- Queensborough Landing

PITT MEADOWS
- Meadowtown Centre

RICHMOND
- Aberdeen Centre
- Richmond Centre
- Richmond Centre II

SURREY
- 13630–72 Ave.
- 8363–128th St.
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- Clover Square Village
- Guildford Town Centre
- Nordel Crossing
- Panorama Village
- Semiahmoo Shopping Centre

VANCOUVER
- 1147 Robson St.
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- 1588 West Broadway
- 1008 West Georgia St.
- 2154 West 4th
- 2065 West 41st Ave.
- Capilano Mall
- Lynn Valley Centre
- Oakridge Centre
- Pacific Centre
- Park Royal S.

OKANAGAN
KAMLOOPS
- Aberdeen Mall
- Lansdowne Village

KELOWNA
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- Orchard Park Shopping Centre

PENTICTON
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MUSTN'T FORGET THAT UFO INVASION

JUST SAYIN'

Paul Sullivan
metronews.ca

With all the talk about the zombie apocalypse these days, you don't hear much about UFOs. It's as if they've just vanished from the sky.

Well, you'll be pleased to hear that's not the case.

In fact, here in Canada, the number of UFO sightings has never been higher. They haven't gone away. It's just that nobody cares anymore. We have zombies — and a few leftover sparkling vampires — to worry about.

Despite the shift in phantom phashion, Chris Rutkowski, chief researcher at Ufology Research (formerly Ufology Research of Manitoba, in case you were wondering) keeps grinding out the annual UFO survey.

As you might expect, 2012, the year of the Mayan apocalypse that didn't happen (it's hard keeping all these apocalypses straight), was a record year for UFO sightings. For some reason the Maya, who are Mesoamerican indigenous persons, and UFOs, piloted by Romulan indigenous persons, are often linked.

Anyway, there were 1,981 sightings in 2012, but 2013 was no slouch for sightings either, according to the latest report, fresh from the twilight zone. There were 1,180 UFO sightings reported in Canada in 2013, about three a day.

A triumphant note has a tendency to creep into Rutkowski's otherwise commendable attempt to stay on an even keel. "UFOs have not gone away. This data clearly contradicts comments by those who would assert that UFOs are a 'passing fad' or that UFO sightings are decreasing."

That "passing fad" guy? That would be me.

To his credit, Rutkowski keeps an open mind about what people are seeing. Most cases are, um, nocturnal lights (631). But daylight discs are creeping up (145). You'll also be pleased to know that there are still a few good-old-fashioned close encounters of a third kind, in which actual Romulans are encountered (the more scientifically rigorous Rutkowski calls them "entities"). There are even three close encounters of a *fourth* kind, "an alleged 'abduction' or 'contact' experience." I'll bet.

Most intriguing, a full 14 per cent of all 2013 UFO reports are classified as unexplained. The truth may or may not be out there.

Rutkowski is ready to concede that a failure to recognize conventional or natural objects may be the underlying reason for some of these sightings, but he doesn't rule out the possibility that more secret or classified military exercises are underway — or maybe there's just an increase in Amazon drone test flights.

On the other hand, maybe more nutbars (my word) with an inclination to share have access to the Internet. My favourite possible reason: The downturn in the economy is "leading to an increased desire by some people to look skyward for assistance."

Cosmic panhandling. It's a growing problem.

ZOOM

Left to nature, in plane view

ALEX MACLEAN/BEETLES + HUXLEY

Humanity's mark seen from the air

A "bone yard" of B-52 bombers in Tucson, Ariz. Man's impact on the natural world is revealed in a new exhibit by photographer Alex MacLean. Taken above the earth from a plane, the pictures offer a thought-provoking perspective on human intervention. MacLean's work is being shown at the U.K.'s Beetles + Huxley gallery until March 29.

MWN

Photog's viewpoint

"I try to make my pictures beautiful, but also to get the audience to appreciate the underlying substance of my projects such as globalization and climate change."

Alex MacLean, 67

Patterns sketch out culture and people

An architect by training, MacLean sees orderly yet artistic patterns created by humans from his almost godlike perspective: "The arrangement of man-made objects and markings tell so much about culture and people living on the land. With the distance of the aerial perspective, it's as if you are looking at a perfect model of basic organizational principles." MWN

This colourful image of shipping containers in Portsmouth, Va., is sombre in tone: "It's a perfect metaphor for my concerns about globalization," says MacLean.

ALEX MACLEAN/BEETLES + HUXLEY

Clickbait

LUKE SIMCOE
Metro Online

On March 12, 1989, Tim Berners-Lee presented a paper at the CERN lab in Switzerland, outlining his vision for sharing files between computers. Twenty-five years later, that vision is now woven into our everyday lives in the form of the World Wide Web. So, on the occasion of the web's 25th birthday, here are a few ways to celebrate.

The Internet Archive (archive.org/web):

Known as the WayBack Machine, this archive of more than 398 billion web pages offers you a sizable glimpse into the web's past. It's kind of like looking at the web's baby photos.

GETTY IMAGES

The first website:

Although Berners-Lee had conceived of the web back in 1989, it took him until 1993 to launch the first website. It's still online, and available at info.cern.ch.

The gift of cash:

Berners-Lee could have gotten rich by patenting the technology behind the web, but instead chose to give it to the world as a free resource. So today, why not donate to some of the organizations fighting to keep the web free and open, like OpenMedia.ca or the Electronic Frontier Foundation (eff.org).

Twitter

@metropicks asked: Snowden says NSA is "setting fire to the future of the Internet." Have his leaks affected your web use?

@Zaedum: knowing that countries are using my information without my permission has made me more wary to what I do and which apps I use.

@speirsr: Snowden's leaks have verified what I have suspected about myself. My metadata profile: Subject has no life.

Follow @metropicks and take part in our daily poll.

Comments

RE: Surly Pet Cat Traps U.S. Couple, Who Call 911, published March 11

So the cat has a history of violence and they are keeping it despite it scratching a 7 month old baby's face. Just another example of idiots choosing animals over people. **freebird posted to metronews.ca**

They didn't have a quilt to throw on it? **Maple Syrup posted to metronews.ca**

Pissed off cat, I can believe. Gunless Americans???? That's a tough one to swallow. **MP posted to metronews.ca**

WE WANT TO HEAR FROM YOU:
Send us your comments: vancouverletters@metronews.ca

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Another case of hotel as grand old backdrop of frolic and folly

Lobby for fun. Wes Anderson latest director to resort to hotel as centre of action

IN FOCUS
Richard Crouse
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Ralph Fiennes stars as a concierge in Wes Anderson's The Grand Budapest Hotel. CONTRIBUTED

"Grand Hotel... always the same. People come, people go. Nothing ever happens."

That famous line from the Greta Garbo film Grand Hotel is only half right. Hundreds of movies have used hotels as a backdrop for the action because people come, people go, but despite the quote's assertion, there's always something happening.

This weekend's The Grand Budapest Hotel is a case in point. Starring Ralph Fiennes as a concierge at a European hotel between the world wars, it features an all-star cast, including Bill Murray, Owen Wilson, Harvey Keitel and Edward Norton. They are all part of the fabric of the hotel's history, which includes assassins, murder, riches and a mysterious painting.

Hollywood has always recognized that the transient nature of hotels makes for great drama.

New York City's Plaza Hotel has played host to many famous movie scenes. Everything from Barefoot in the Park to Funny Girl to The Great Gatsby has used the iconic hotel as a backdrop, but it is probably best known as a location for North by Northwest. In the Alfred Hitchcock film, Roger O. Thornhill (Cary Grant) is mistaken for a government agent and kidnapped from the ornate lobby.

The opening shot of Goldfinger features a stunning aerial view of Miami's Fontainebleau Hotel, which at the time was the most luxurious guesthouse on Miami Beach. Later in the film, Bond girl Jill Masterson (Shirley Eaton) dies of skin asphyxiation inside the hotel after henchman Oddjob (Harold Sakata) coats her whole body in gold paint.

In the 1920s the Hotel del Coronado was a famous weekend getaway for Hollywood stars like Mae West, Charlie Chaplin, Clark Gable and Errol Flynn, but the Victorian wooden beach resort found fame as the setting for several scenes in Some Like It Hot. Located on San Diego Bay across from San Diego, the beachfront location was the scene of one of the film's most famous lines. When Jerry (Jack Lemmon) first spies Sugar Kane (Marilyn Monroe) sashaying through the sand, he says, "Look how she moves! It's like Jell-O on springs."

Stephen King was inspired to write The Shining after staying at the 140-room Stanley Hotel in Colorado. "I think a lot of things happened right here in this particular hotel over the years," says Dick Hallorann (Scatman Crothers) in the film version. "And not all of 'em was good."

The Stanley has been used as a location for Dumb and Dumber and other films, but Stanley Kubrick chose not to showcase the place in his 1980 adaptation of the novel. Instead, much to King's disappointment, he used Oregon's Timberline Lodge as a stand-in for the film's fictional Overlook Hotel.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Captain America sick of partying — except with fellow superheroes

Captain America star Chris Evans is looking to settle down and put the partying to rest, according to Glamour U.K.

"In your 20s you think, 'How will I ever not like going out?' You have drinks, buddies, music — great," Evans tells the magazine. "But in the last two or three years, I go to a club and I kind of wish I was home.

My idea of a good time has evolved a bit, so a night out with me might not be as exciting as it might have been a couple of years ago."

He does make an exception, though for his Avengers co-stars, including Robert Downey Jr., Mark Ruffalo, Scarlett Johansson and Chris Hemsworth.

"It's different with those guys," he says. "You're like, 'Come on, guys, this is great! This isn't going to last forever and this is a really fun group of people doing a really fun thing. Let's go get drunk!'"

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Perfect pubs for Paddy's Day

The Irish Heather in Vancouver is modelled after modern Irish gastropubs. IRISH HEATHER

Raise your pint glass. It can be tough to find an authentic Irish watering hole on this side of the Atlantic; here are five suggestions

STEVE GOW
life@metronews.ca

There's no shortage of bars across the country claiming to be Irish, but only a precious few can say their roots are tied to the Emerald Isle. If you're particular about celebrating St. Patrick's Day in true Irish tradition, here are five of Canada's most authentic pubs.

Durty Nelly's (Halifax)
Named after a famous Irish landmark, Durty Nelly's is credible enough to boast that its interior was actually designed and constructed in Dublin before crossing the Atlantic to be rebuilt in downtown Halifax. Toss in seafood chowder that has even been praised by the L.A. Times and this pub is certainly worth its Celtic salt.

Irish Specialties: Guinness Lamb Shank ($19), Seafood Chowder ($12.50)

P.J. O'Brien (Toronto)
Opened by well-known Cloone-born businessman Pat Quinn, P.J. O'Brien features a classic copper-topped bar, authentic Irish cuisine, white-jacketed bartenders and plenty of hospitality. Although the always-friendly proprietor passed away in 2009, his gregarious legacy lives on through his son. Don't be surprised if Pat Quinn Jr. even comes over and buys you a round.

Irish Specialties: Beef and Guinness Stew ($15), Kilkenny Ale Fish & Chips ($15)

O'Hanlon's (Regina)
Surprisingly, the reigning champ for selling the most Guinness pints in Canada is located in Regina. Run by Limerick native Niall O'Hanlon, the eponymous pub sold 61 kegs of the popular stout last St. Patrick's Day and aims to defend the title. O'Hanlon's is primarily an alehouse, but attracts a diverse clientele.

Irish Specialties: Corned Beef and Cabbage ($15), Shepherd's Pie ($14)

James Joyce (Calgary)
Located amongst Calgary's skyscraper-lined downtown, James Joyce was opened by Irish immigrants Anne and Gerard Curran to bring Gaelic ambience to the Stampede City. Highlighted by traditional Celtic music and decorated with scores of artifacts and heirlooms ranging from schoolbooks to a penny-farthing bicycle, this dark, inviting pub will make you feel like you've been transplanted to the middle of the Emerald Isle.

Durty Nelly's interior was constructed in Dublin. DURTY NELLY'S

Irish Specialties: Irish Potato Boxty ($13), Ballycastle Bacon Bites ($11)

Irish Heather (Vancouver)
For a slightly bit more contemporary "craic" experience, Irish Heather in Vancouver's historic Gastown district models itself on modern Irish gastropubs, but its still the perfect pub to soak up Celtic spirit with a Guinness in hand. In the popular backroom distillery, devotees can test out Vancouver's biggest selection of whiskeys.

Irish Specialties: Bangers & Mash ($17), Lamb Shepherd's Pie ($18)

Looking for a lucky charm?

Sweet souvenirs. 'Tis the season for pots of gold and leprechauns, but try taking home some of these talismans from your travels

ON THE MOVE
Loren Christie
life@metronews.ca

Glass charms
Greece and Turkey

The evil eye refers to bad energy transmitted by a person who has negative and covetous thoughts. Victims, from humans to horses, are said to suffer from headaches, nausea or impotence. While locals believe the blessings from church officials or remedies administered from a learned elder can cure them, interlopers may find the purchase of a preventative charm to be their safest bet. Found almost everywhere around the Aegean Sea, eyes painted on blue glass reflect the power of the evil eye back on itself.

Dream catcher, Arizona

The legend of the dream catcher is woven into the oral histories and traditions of many native cultures in North America. Its principal purpose is to filter bad dreams, ensnaring the bad ones and directing the good ones to a person's subconscious. In addition to a getting a good night's sleep, owners are believed to be blessed with improved health.

Voodoo doll, New Orleans

In the mid 1700s, voodoo rapidly spread in New Orleans as the mystical religion overlaid its symbols and deities with those of Christianity. Drawing on their European masters' traditional use of effigies, slave practitioners created the voodoo doll. Whether the energy surrounding them is good or bad depends on the intent of their creators and owners. Pick up a white voodoo doll, which is aimed at transferring positive energy and good luck from one person to another.

Eyes painted on blue glass can ward off negative energy from the evil eye. These are found almost anywhere around the Aegean Sea. ISTOCK

Corno, Italy

The phallic shape of a corno has been a symbol of fertility, fortune and power since Roman times. Like the point of a sword fending off a foe in battle, its tip is said to protect owners against harm. To harness its' protective power pick up a gold or coral charm, or perhaps a T-shirt with a corno emblazoned on it.

Lava rocks, Hawaii

Some mementoes are better left behind! According to legend, Hawaii's goddess of volcanos doesn't take too kindly to those who cart pieces of lava rock, coral or even sand off the islands that she's believed to have created. The best way to avoid her curse? Stick to taking photographs of the landscape.

Dream catchers are part of the traditions of many North American native cultures. Their main purpose is to filter bad dreams. ISTOCK

Bucket list

Cue the classics

Sundance, Cannes — who cares? It's not too late to sign up for the TCM Classic Film Festival April 10 to 13 — because you know you've always wanted to. This fifth annual event will see hosts Robert Osborne and Ben Mankiewicz (and you!) rubbing shoulders with legendary stars in and around the Hollywood Roosevelt Hotel, the site of the first Academy Awards ceremony. Film buffs from around the world will congregate to help TCM celebrate its 20th anniversary with red-carpet galas, special movie screenings, the Vanity Fair opening night party and more. The list of special guests includes Kim Novak, Mel Brooks (above), Shirley Jones and more. Passes start at $250 US and run to $1,600. Go to filmfestival.tcm.com. DOUG WALLACE/METRO

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Wouldn't it be nice to walk into your home at night having checked off all that's been busying your brain? ISTOCK

We all make lists, and some of us far are better at using them than others.

They're the quintessential stay-on-track productivity tool, in both their low- and high-tech versions: from reminders scrawled on your hand or a flurry of Post-it to-dos, to the hundreds of apps available for your desktop and smartphone.

Part of most people's everyday quest to stay on top of tasks and to remember tidbits of information, the lowly list is your best friend on a busy day and your worst frenemy when it gets totally out of control and you've run out of that most precious commodity: time.

One thing is for sure, if you're job searching, you have plenty of plans on your plate.

Especially if while looking for your next position, you're currently employed, balancing childcare and work, or handling a full-time course load.

In those cases, mastering the art of the list matters, if it means increasing your productivity, feeling more focused, and reaching your goals faster.

So how to create smart task lists that really, really work?

Keep things in check

There's always more to do, but the satisfaction of scratching something off your list is real. Tracking your completed tasks may motivate and encourage you to get even more done.

Sidneyeve Matrix
Associate professor of media at Queen's University

Automate them

Try IFTTT.com (if-this-then-that) to create and manage tasks and reminders.

IFTTT on your smartphone helps you save time and accomplish more.

It can automatically take any emails labeled "to do" and add them to an iOS Reminders list, or copy "starred" Gmails to a Google Calendar task list.

It can also get your phone to check the weather and remind you to grab an umbrella, and autodisplay your daily to-dos the second you set out on the morning commute.

Leveraging Facebook, Twitter, Foursquare and dozens of other popular social apps to keep you on track and on task, IFTTT lets you connect the dots between, and cross off or cross-reference items from all the nodes in your digital life.

"Daypart" them

In broadcast journalism, programming is "dayparted," because while certain shows work better in the morning, other types resonate with audiences in the evening.

Take a close look at your schedule and see if it syncs with what you know about yourself.

Morning person? Get your second wind after midday coffee? Most focused in the wee hours?

Face your most demanding tasks during high-energy, peak-performance parts of your day, and align the low-stakes, repetitive tasks for the other parts.

Track them

There's always more to do, but the satisfaction of scratching something off your list is real.

Tracking your completed tasks may motivate and encourage you to get even more done.

The Todoist app visualizes your accomplishments, so you can immediately see just how far you've progressed toward a goal.

Likewise, there are plenty of apps that use your smartphone to record time-on-task, especially handy for tracking billable hours, and allowing you to document, then sit back and reflect on what you've accomplished to date.

A custom fit

Of course at the end of the day, productivity is deeply personal — one tool or list-making strategy will work better for you than the next.

- The bottom line? When you have multiple deadlines, projects, and people competing for your time and attention, and not a minute to spare, don't let yourself feel immobilized and overwhelmed about everything.
- Instead, tame your to-dos with a smart list that reflects your individual work style and professional priorities. Now you're ready to get the job done.

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Working without walls? It's a remote possibility

Out with the office.
If you're going to be on the go with your work flow, make sure the boss knows you're still on the ball

DAN SCHAWBEL
Metro World News

If you aren't a remote worker right now, chances are you could be in the future. A new study by the work lifestyle company Flex+Strategy Group and Quest Diagnostics found that 31 per cent of full-time employees in the U.S. (about eight million people) do most of their work from a location other than their employer's site. Though many workers romanticize about working from home, it's much harder than it seems.

With technologies like Skype, Basecamp and Google Apps, it no longer matters where and when you do work — only that you get results that benefit your company. ISTOCK

I spent four years working remotely and ended up renting office space because my situation was getting in the way of real human interaction. They don't teach you in college how to work remotely or manage remote workers, but it's an important skill in the 21st century. I spoke with Cali Williams Yost, founder of Flex+Strategy Group, to get her tips for remote workers.

Know your boundaries
When you aren't working in an office, it's hard to balance your work and life because you aren't clocked in. It's up to you to set time aside to do personal things that matter to you.

"Make it part of your routine to sit down for 20 minutes each week and review what you need to get done and want to get done on the job, with your career and in your personal life," Yost recommends.

Identify actions and priorities
As a remote worker, you need to take the initiative to manage yourself instead of relying on your boss to do it for you. "Identify the small, meaningful actions and priorities that will help you be your best, at work and in your personal life, for the next seven days, whether it's completing an important project, getting enough sleep or eating healthy meals," Yost suggests.

Give regular status updates
One of the biggest concerns managers have with remote workers is that they might be distracted. Your manager will trust you if you make sure he or she is aware that you are constantly doing work and exceeding expectations. "Every week send your manager a quick 'highlights' list of accomplishments," says Yost.

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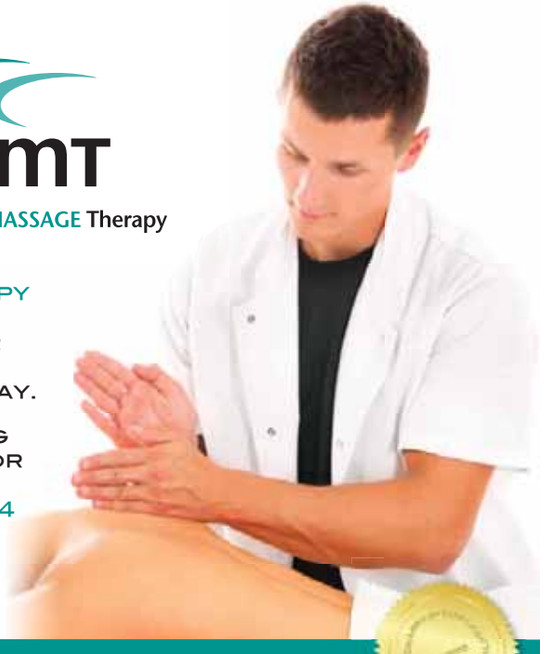

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An egg wrap for dinner? All the cool foodies are doing it!

Greek Style Couscous and Egg Wrap. Gone are the days when eggs were just a breakfast staple. Here, they star in a 15-minute dinner

DINNER EXPRESS
Emily Richards
food@metronews.ca

FLASH FOOD

From your fridge to your table in 30 minutes or less

This is an easy light dinner or make ahead lunch for the family.

Using hard cooked eggs in sandwiches adds protein and a creamy texture to this filling. For a flavour twist, switch up your cheese and try goat cheese or ricotta instead of the feta.

Ingredients

- 1/2 cup (125 ml) whole wheat couscous
- 1 clove garlic, minced
- 1/2 tsp (2 ml) dried thyme leaves or Italian herb seasoning
- 3/4 cup (175 ml) sodium reduced vegetable or chicken broth
- 1/4 cup (60 ml) each grated carrot and zucchini or diced bell pepper
- 3 hard cooked eggs, peeled
- 1/3 cup (75 ml) 0% fat plain Greek yogurt
- 1/2 cup (125 ml) quartered grape tomatoes or chopped tomatoes
- 1/4 cup (60 ml) crumbled light feta cheese
- 3 tbsp (45 ml) chopped fresh basil or parsley
- 1/4 tsp (1 ml) fresh ground pepper
- 4 small whole wheat flour tortillas

1. Place couscous in a bowl with garlic and thyme. Bring broth to a boil and pour over couscous. Stir in carrot and zucchini; cover and let stand for 5 minutes.

2. Meanwhile, in another bowl, mash eggs with a fork and stir in yogurt, tomatoes, feta, basil and pepper. Add couscous mixture and stir to combine.

3. Divide among the tortillas and roll up to enjoy. FOR MORE OF EMILY RICHARDS' RECIPES, BE SURE TO CHECK OUT HEALTHYCANADIANS.GC.CA

This recipe serves four. CONTRIBUTED

Cooking tips

- Out of broth? Use water instead. This will also help cut down on the sodium.
- Make wraps the night before. Cover tightly with plastic wrap. Keep in the fridge and grab one as you head out the door.
- Turn this recipe into a salad by baking the tortilla on a turned over ovenproof bowl in a 400 F (200 C) oven for about 5 minutes or until golden. Let cool slightly then fill with couscous mixture.
- No-fail way to make hard cooked eggs: Place eggs in a single layer in saucepan and cover 2.5 cm (1 inch) above eggs with water. Cover and bring to a boil over high heat. Remove from heat and let stand 25 minutes. Drain water and run cold water over eggs to chill

Fans react as Frans Nielsen celebrates scoring a goal in the Islanders' 7-4 win over the Canucks on Monday night at Rogers Arena. DARRYL DYCK/THE CANADIAN PRESS

Tortorella: 'It's about not giving in'

NHL. Canucks try to regroup after Monday's third-period collapse vs. Islanders

CAM TUCKER
cam.tucker@metronews.ca

In a season now spiralling beyond salvation, and playoff hopes fading fast, John Tortorella tried once again to rally his players.

The Vancouver Canucks head coach gathered his players in the corner of the rink for a talk toward the end of Tuesday's practice at Rogers Arena, the site of the team's unfathomable, third-period collapse that saw them throw away a three-goal lead, give up seven goals in just 20 minutes and lose to the New York Islanders on Monday.

"I guess the thought I'd give you is it's about not giving in and responsibility of being a professional," said Tortorella.

The Canucks, with their most recent defeat, have won a paltry six games since the start of January.

When the calendar flipped over to 2014, Vancouver's NHL team was only three points back of the San Jose Sharks for second in the Pacific Division.

They now sit in the 11th spot, four points out of a playoff position.

The Canucks are on the road for their next four games, beginning Wednesday in Winnipeg to face the Jets — a team tied with Vancouver with 68 points in the West.

The air of disappointment still hung heavy at Rogers Arena the morning after Monday's debacle.

The first part of their skate lacked enthusiasm, passes were off, heads held down, shoulders slumped. The mood appeared to only slightly improve as the practice continued.

It's been a constant stream of losses since the end of December, piling up to the point where there is speculation Tortorella, in his first year with the Canucks, could either lose his job in the immediate future or once the season is over.

"It's on my watch," said Tortorella, adding he believes he has a good relationship with the players.

"I know the area. I know the owners. I know my general manager is not sitting well with it. But that falls to me. That's my responsibility."

NFL

Seahawks re-sign tight end McCoy

Anthony McCoy did not like having to be a spectator while his Seattle Seahawks teammates won their first Super Bowl.

So the reserve tight end jumped at the chance to stay with the only organization he's ever played for knowing there's a chance of more titles in the future.

McCoy signed a one-year deal with the Seahawks on Tuesday after missing the entire 2013 season with a torn Achilles tendon. THE ASSOCIATED PRESS

MLB

Cano terrorizing spring opponents

Mike Trout and Albert Pujols each had RBI doubles for the Los Angeles Angels, but Robinson Cano continued his torrid spring training in the Seattle Mariners' 10-6 win Tuesday.

Cano was 1-for-2 and is hitting .588 for his new team. THE ASSOCIATED PRESS

NBA

Grizzlies run down Trail Blazers

Marc Gasol scored 19 points, Zach Randolph added 18 points and 12 rebounds and the Memphis Grizzlies solidified their hold on the final Western Conference playoff spot with a 109-99 victory over the Portland Trail Blazers on Tuesday night.

Damian Lillard led the Trail Blazers with 32 points. THE ASSOCIATED PRESS

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Through rain, snow and sledge in Sochi

Paralympics roundup. Canada's perfect sledge hockey record stays intact; Arendz battles for bronze in biathlon

Greg Westlake scored the game's only goal while Corbin Watson made seven saves for his second straight shutout Tuesday as Canada defeated the Czech Republic 1-0 in sledge hockey at the Sochi Paralympics.

Westlake broke the scoreless tie at 7:33 of the second period, ripping a shot upstairs from in tight for his second goal of the tournament.

Canada has surrendered just one goal on 18 shots through three round-robin victories while outscoring its opponents 15-1.

Mark Arendz
RONALD MARTINEZ/GETTY IMAGES

Canada clinched first place in its pool and will take on the United States in one of Thursday's semifinals.

The Americans, who won gold four years ago in Vancouver, dropped a hard-fought 2-1 decision to the host Russians earlier Tuesday to finish second in their group.

Russia will meet Norway in the other semifinal.

Elsewhere on Tuesday, biathlete Mark Arendz battled pouring rain and dense fog to win a bronze medal in the men's 12.5-kilometre standing category.

He finished in 30 minutes 31 seconds. Russia's Azat Karachurin won gold in 29:30.0 while Norway's Nils-Erik Ulset captured silver. Arendz's medal was Canada's seventh so far in the competition (one gold, two silver, four bronze).

In para-alpine skiing, Braydon Luscombe of Duncan, B.C., was the top-placing Canadian, finishing second in the standing division with a time of 52.17 seconds.

In the women's slalom, standing skier Calgary's Alexandra Starker was the top-placing Canadian in 1:06.59. Toronto's Erin Latimer was eighth.

In wheelchair curling, Canada improved to 5-1 and moved into a first-place tie with Russia with an 8-5 victory over China.

THE CANADIAN PRESS

Putting their Backes into it

Dallas Stars goalie Tim Thomas pushes against David Backes of the St. Louis Blues on Tuesday night in St. Louis. The Stars won 3-2 in overtime a night after defenceman Rich Peverley collapsed on the bench in a game against Columbus. Peverley remained hospitalized Tuesday in Dallas, undergoing heart tests. JEFF ROBERSON/THE ASSOCIATED PRESS

Hockey

Missing player's body found by Michigan police

Officials with the Saginaw Spirit say Michigan State Police have told them that the body of missing junior hockey player Terry Trafford has been found.

A man's body was found Tuesday afternoon in an SUV matching the description of one belonging to Trafford in the parking lot of a Walmart store in Saginaw Township.

Trafford was reportedly last seen about 9:30 a.m. on March 3 at the Dow Event Center, the home arena for the Spirit.

Saginaw Spirit president Craig Goslin had said Trafford was sent home prior to his disappearance "for a violation of rules," but said Trafford wasn't permanently cut from the team.

Skye Cieszlak said she and Trafford have dated since 2010 and that he "was devastated" after the team sent him home "for partying on a road trip."

THE CANADIAN PRESS

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Nissan's lovable Rogue for 2015

Review. Quality weather versatility, good value and NASA-inspired seats will win you over

MALCOLM GUNN
wheelbasemedia.com

PHOTOS: WHEELBASEMEDIA.COM

It's cold out here. Like, -20 C, with blowing snow and darkening skies in the heart of Quebec's Laurentian mountains just north of Montreal. And here we are, sampling Nissan's 2014 Rogue compact wagon.

The second-generation Rogue follows a pattern established by the original 2008 model-year version. Although a Nissan success story, the Rogue is kept at bay by the league-leading Honda CR-V, Ford Escape, Toyota RAV4 and Chevrolet Equinox. For 2014, the Rogue has upped its game with more distinctive styling, more comfortable and practical seating arrangements and improved fuel economy. They constitute basic motherhood issues for this segment that absolutely factor into the purchasing-decision process.

At the opposite end, the rear window and side glass are squared-off and the taillights are enlarged and repositioned above the fender line for improved style and visibility.

What isn't visible is the Rogue's all-new platform that's developed with Nissan's cross-ownership partner Renault. The Rogue's dimensions actually vary little from the original architecture, with just a 1.5-centimetre stretch between the front and rear wheels and similarly small increases in width and body height.

Inside, Nissan increased the Rogue's load capacity by about 20 per cent and interior volume has risen by about 10 per cent.

Nissan now offers a third-row seating option for the Rogue, which makes it the only small ute in its class outside of the Mitsubishi Outlander with the capacity to transport up to seven passengers.

Access is secured by sliding the split-folding second-row bench forward up to nine inches, but as with most three-row arrangements it's best to position only smaller folks in the back row for short journeys. The remaining restyled cabin area is a place of comfort and joy, especially the restyled dash/control panel layout and the NASA-inspired "Zero Gravity" front seats. They really do the trick on extended trips. Returning is a 175-horsepower 2.5-litre four-cylinder engine. It's connected to a continuously variable transmission (CVT) that now performs more like a traditional automatic in operation and performance. A redesigned belt and pulley system plus a sport-mode switch for the driver sharpens transmission operation and throttle response. Various traction and control aids make winter tripping tolerable. The $2,000 all-wheel-drive option—a must-have for snow-bound buyers—redirects engine torque from the front to the rear, or to individual wheels, as necessary. The AWD can also be locked in 50/50 mode (front/back) at speeds below 40 km-h.

Other safety and comfort systems can be brought into play on the Rogue, such as Active Ride Control that uses the brakes and engine torque to help smooth rough-road jounces, Active Trace Control that applies the inner or outer brakes as needed for more directionally precise cornering and Active Engine Braking that automatically reduces engine torque to help slow the vehicle while you're using the brake pedal. Options include a power-adjustable driver's panorama sunroof and a leather interior and a navigation system, which of course inflates the Rogue's $25,100 base price but allows buyers to take the luxury route whether heading to and from work, or heading outdoors for some cold-weather fun.

Compare

1 Ford Escape
Base price: $25,600

2 Honda CR-V
Base price: $27,600

2015 Nissan Rogue

- **Type.** Four-door, front- all-wheel-drive compact wagon
- **Engines (hp).** 2.5-litre DOHC I4 (170)
- **Transmissions.** Continuously variable (CVT)
- **Base price (incl. destination).** $25,100

Engine

Visually, the Tennessee-built Rogue swaps out its Murano-like egg-carton grille for one that's a whole lot bolder. It's part of a new front end with added folds and creases for the hood and fenders, an enlarged lower air intake and fancy jewel-like headlight pods ringed with standard LED (Light Emitting Diode) running lights.

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Retail ready fuel-cell cars just 18 months away

Clean process. Toyota's new concept creates electricity to power an electric motor using hydrogen and oxygen from the air

AUTO PILOT
Mike Goetz
drive@metronews.ca

Under the skin of Toyota's latest concept vehicle, the FCV, are fuel-cell components destined for actual production vehicles. BOTH IMAGES PROVIDED

The ultra futuristic-looking hydrogen tank in place.

Fuel-cell vehicles have always had an aura of science fiction about them, even though the science has been around since 1850 or so, when Sir William Grove first mused about generating electricity by exploiting how electrons hold water together.

Don't worry, this will not be a science lesson.

Science and I stopped being friends in grade nine, when I wondered how the mild acid in a glass beaker would fair in a Styrofoam cup, and the acid ate the Styrofoam cup, and the finish on the desk, and the finish on the floor, and caused Mr. Ramsey to be very ill-tempered with me.

I guess the vague science fiction feel comes from the notion of something could be a "fuel" — in this case hydrogen — yet only produce water as an "emission." It doesn't sound natural, in our lives so used to, and tied to, the combustion-ing of petrochemicals.

The only thing I want to say today about fuel cell vehicles is how close they are to actually being a fully retail product. Hyundai, Toyota, Honda, BMW and Mercedes-Benz have all officially announced intentions to have "retail ready" fuel-cell vehicles in showrooms within 18 to 24 months, depending on the market.

Two years goes by fast. It's already been three years since Charlie Sheen was last seen on Two and a Half Men.

The manufacturers are deep into testing the actual fuel-cell components we will see on these retail units. No more going back to the drawing board for another blue-sky concept. Toyota's fuel-cell test mule, for example, has been raking up miles in North America for over a year now, including a deep freeze stint in Yellowknife.

Off course, we still need a hydrogen re-fueling infrastructure, and that is not progressing along swimmingly. In fact, right now there is not one publicly accessible hydrogen station in all of Canada, and no immediate plans to build any amount.

But say we overlook that alarming impediment and say fuel-cell vehicles will be a major force in the next few decades — because now it's time to look beyond fuel-cells. Yes, fuel cells are barely here, or more correctly not even here yet — but don't we need to know what will be the next big vehicle propulsion thing, after fuel cells?

Yes we need to know, but details are sketchy.

There doesn't seem to be one imminent and/or dominate science or technology currently poised to add to the list of major ways vehicles have been driven. So far on the timeline there is steam, electricity, the internal combustion engine using various petrochemicals, more electricity, and fuel-cells using hydrogen.

Maybe quantum physics will figure in somehow. There is some discussion about a quantum propulsion machine. I'd explain it, but I'd have to understand it first, and that's not going to happen.

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Offer may not be combined with certain other consumer incentives. Offer may not be redeemed for cash and may not be combined with other offers. GMCL may modify, extend or terminate offers in whole or in part at any time without notice. Conditions and limitations apply. See dealer for details. ††Based on Natural Resources Canada's 2014 Fuel Consumption Guide. Fuel consumption ratings based on Government approved test methods and are for comparison purposes only. Your actual fuel consumption will vary based on your driving habits and other factors. Visit oee.nrcan.gc.ca/fuelconsumption. ‡‡ Based on 2013 Polk segmentation: Compact SUV and latest competitive data available and subject to change without notice. Competitive vehicles: Chevrolet Corvette, Silverado and GMC Sierra. Offer is transferable to a family member living within the same household (proof of address required). As part of the transaction, dealer may request documentation and contact General Motors of Canada Limited (GMCL) to verify eligibility. This offer may not be redeemed for cash and may not be combined with other offers. GMCL may modify, extend or terminate offers in whole or in part at any time without notice. Conditions and limitations apply. See dealer for details. ‡ Retail and basic fleet customers who purchase or lease an eligible Chevrolet, Buick or GMC delivered from dealer stock between March 1, 2014 and March 31, 2014 will receive one 40¢ savings per litre fuel card (fuel savings card) upon payment of an additional $1,01. Cards valid as of 72 hours after delivery. Fuel savings card valid for 800 litres of fuel purchased from participating Petro-Canada retail locations (and other approved North Atlantic Petroleum locations in Newfoundland) and not redeemable for cash except where required by law. Limit one fuel savings card per customer. Fuel savings card is the property of Suncor Energy Inc. and is subject to the terms and conditions of the Petro-Canada Fuelpass Program. Suncor Energy Inc. may change the terms and conditions of the Petro-Canada Fuelpass Program at any time without notice. Suncor Energy Inc. is not responsible for any damages or losses arising from the use of the fuel savings card. Fuel savings card is void if altered, duplicated, sold or transferred. Suncor Energy Inc. (used under licence. Cards are property of Suncor Energy) to protect your card balance, register online at www.petro-canada.ca/getregistered today. ◊ Comparison based on 2013 Polk segmentation: Compact SUV and latest competitive data available and subject to change without notice. Competitive vehicles: Chevrolet Equinox FWD equipped with standard 2.4L ECOTEC® I-4 engine. Comparison based on Natural Resources Canada's 2014 Fuel Consumption Guide. †† 2014 Equinox 2LT equipped with the True North Edition are eligible to receive an $800 MSRP credit equal to the MSRP of the Perforated Leather Seating Option (AYL/AFN/APR). Factory order or dealer trade may be required. Offer available to units purchased/ delivered from March 1 to March 31, 2014. ^ Whichever comes first. See dealer for limited warranty details. •Based on WardsAuto.com 2012 Upper Small segment, excluding Hybrid and Diesel powertrains. Standard 10 airbags, ABS, traction control and StabiliTrak. **Based on 2014 Chevrolet Equinox 1SA, DAC by GM Financial, Annual kilometer limit of 20,000 km, $0.16 per excess kilometre. Down payment or trade and/or security deposit may be required. Monthly payments may vary depending on down payment/trade. License, insurance, dealer fees, excess wear and km charges, applicable taxes, registration fees and other applicable fees not included. 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Taxes, licence, insurance, dealer fees, registration fees and other applicable fees not included. Offers subject to change without notice. Offers available to retail customers in BC. Chevrolet Dealer Marketing Association area only. Dealer order or trade may be required. ‡ 0% purchase financing offered on approved credit by TD Auto Finance Services, Scotiabank® or RBC Royal Bank for 72 months on new or demonstrator 2014 Chevrolet Equinox 1SA. Rates from other lenders will vary. Down payment, trade and/or security deposit may be required. Monthly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. Example: $10,000 at 0% APR, the monthly payment is $138.89 for 72 months. Total obligation is $10,000. Offer applies to purchase financing only. Offer may not be redeemed for cash and may not be combined with other offers. GMCL may modify, extend or terminate offers in whole or in part at any time without notice. Conditions and limitations apply. See dealer for details. † 0% lease APR available for 48 months on a new or demonstrator 2014 Chevrolet Equinox 1SA, DAC by GM Financial. Annual kilometer limit of 20,000 km, $0.16 per excess kilometre. Down payment or trade and/or security deposit may be required. Monthly payments may vary depending on down payment/trade. License, insurance, dealer fees, excess wear and km charges, applicable taxes, registration fees and other applicable fees not included. Dealers are free to set individual prices. Offer may not be combined with certain other consumer incentives. Offer may not be redeemed for cash and may not be combined with other offers. GMCL may modify, extend or terminate offers in whole or in part at any time without notice. Conditions and limitations apply. See dealer for details. † 0% lease APR available for 48 months on a new or demonstrator 2014 Chevrolet Equinox 1SA, DAC by GM Financial. Annual kilometer limit of 20,000 km, $0.16 per excess kilometre. 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Horoscopes

♈ Aries
March 21 - April 20
The Sun in Pisces at this time of year can make you emotional and you will find it hard to hide your feelings today. Why would you want to? Honesty is essential in all situations.

♉ Taurus
April 21 - May 21
What comes to light in an unexpected manner today will most likely improve your bargaining position. It will also remind you that you that you have friends you can count on.

♊ Gemini
May 22 - June 21
Fight for your rights today, no matter how overwhelming the odds may be. Actually the odds are not nearly stacked against you to the extent you believe. Rivals are as scared of you as you are of them.

♋ Cancer
June 22 - July 23
The more others say you can trust them today, the more cautious you should be. In any negotiations you must get promises in writing at every stage. If you don't, they will likely turn out to be worthless.

♌ Leo
July 24 - Aug. 23
You know what to say and do to win friends and relatives to your way of thinking. Whether your way of thinking is correct is another matter entirely — but since when do Leos worry about things like that?

♍ Virgo
Aug. 24 - Sept. 23
A positive outlook in the face of adversity is essential. Because Virgo is a sign that gets caught up in details, you have a tendency to think it's the end of the world when little things go wrong.

♎ Libra
Sept. 24 - Oct. 23
A plan that has been in a state of limbo since the start of the year will begin to move forward again today. Don't try to do everything at once though. You'll catch up.

♏ Scorpio
Oct. 24 - Nov. 22
If you do anything to excess between now and the full moon on the 16th you will regret it, so tone down your act and don't try so hard to impress friends or co-workers.

♐ Sagittarius
Nov. 23 - Dec. 21
You have no doubts and no reason to believe you will not succeed at the tasks you have set yourself. Rivals may try to derail your plans over the next few days but they won't come close to succeeding.

♑ Capricorn
Dec. 22 - Jan. 20
Keep options open over the next 24 hours, especially in dealing with co-workers. Because their plans are likely to change you may have to change too. If you're flexible, you will be in the money.

♒ Aquarius
Jan. 21 - Feb. 19
Make an effort to stand above petty battled. It may look as if the world is going to hell in a handcart but that's only because you are taking too narrow a view of events.

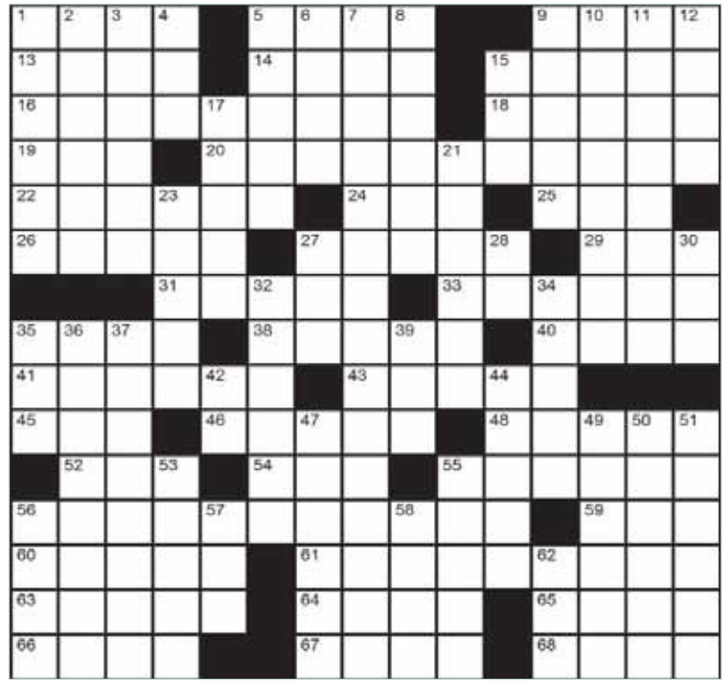
♓ Pisces
Feb. 20 - March 20
You need to raise your game. A week or so from now the Sun will move out of your birth sign, after which it may not be so easy to get things done. Don't aim just to be better, aim to be the best.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

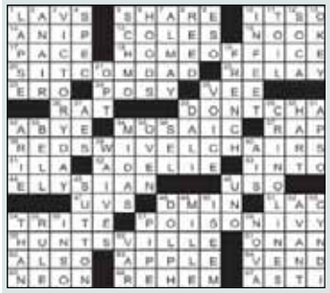
BY KELLY ANN BUCHANAN



Across
1. __ Sanctorum
5. Vents
9. Purina rival
13. Benefit
14. Lovestruck, olde-style
15. Offshoot
16. Self-esteem issue: 2 wds.
18. Uncle's wife [var. sp.]
19. 'Pay' suffix
20. Canadian actor Matt Frewer played the computerized title character on this late-'80s series: 2 wds.
22. Group of four
24. Cable channel
25. High sch. math
26. Wooded
27. Inexpensive
29. Dawn goddess
31. Musical pace
33. 007's Ms. Andress
35. La Boheme role
38. Sicily's volcano, belonging to it
40. Caesar's 2,550
41. Highlight
43. Finale
45. Dog breed
46. Humdinger
48. Q. "How do you say 'West' in French?" A. "It's either 'Ouest' __ '__', I think."
52. Ms. Vardalos
54. Bruins legend Bobby
55. 24 hr. banker cost: 2 wds.
56. "Sherlock" star Benedict __, on Showcase
59. Mon.'s French equivalent
60. Mr. Welles
61. Nicknamed health plan always mentioned on American news
63. "So _ __ a song of love, Julia." - The Beatles
64. Movie beekeeper
65. "Now!"
66. Require
67. Fam. members
68. 'Special' suffixes

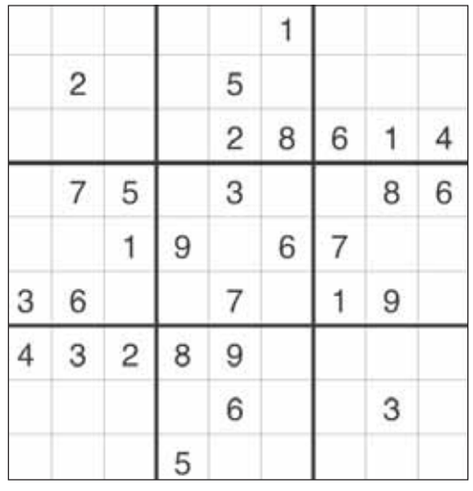
Down
1. John __, Prime Minister who is Christopher Plummer's great-grandfather
2. Beverage 'box'
3. Until now: 2 wds.
4. "__ questions?"
5. Equally irked: 2 wds.
6. Jumbo-sized movie presenter
7. The __ __ Stephen Harper
8. Sam __ (Famous officer of the North West Mounted Police)
9. Honda car
10. Flooring choice
11. Leprechaun's treasure, __ '__
12. 'Pseud' suffix
15. Unhappy
17. "Drats, _ __ a mistake."
21. "Rebel Without _ __" (1955)
23. Fix, as shoelaces
27. Mil. rank
28. Media company dept.
30. Mr. Mineo
32. Shooting star
34. Faux compliments-giving
35. Blueprint
36. Medical job on Global drama "Remedy": acr. + wd.
37. Danielle __, Senior Reporter on CTV's "etalk"
39. Li'l quantity
42. Fredericton's prov.
44. Saxe-Coburg-__ (British monarchy's pre-Windsor name)
47. Shady tree retreat
49. _ __ (Some music notes)
50. Pointillist painter, Georges __
51. Principles
53. Form _ __ (Grow close)
55. Pinnacles
56. Nickel
57. Manchester, __.
58. Weight unit in China
62. Show on Marg's TV resume

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

5	1	2	4	6	9	8	3	7
3	7	4	2	5	8	9	6	1
6	9	8	7	3	1	2	4	5
7	4	3	9	2	6	1	5	8
1	2	5	3	8	4	6	7	9
8	6	9	5	1	7	3	2	4
4	8	6	1	7	2	5	9	3
9	5	1	6	4	3	7	8	2
2	3	7	8	9	5	4	1	6

Today
10°/5°
Mainly sunny
Thursday
10°/7°
Variable
Know what the weather will be 14 days from now.
Check the 14 day trend.
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Web: skilledimmigrants.vpl.ca
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